

For one small loaf of sourdough bread

1/2 cup fed sourdough starter

3/4 cup warm water

1 tsp yeast

1 tsp salt

1 1/2 cups all-purpose flour

1/2 cup whole wheat flour

(optional) anxiety

1. Feed your starter with equal parts by weight flour and water (amounts separate from above) at least eight hours before you plan on making bread. This will activate the yeast and bacteria for that characteristic tangy, fermented, sourdough taste. To check if it's ready for use, drop a pea-sized piece into water and see if it floats.
2. Mix all of your ingredients together to form a rough ball. If using active dry yeast, activate it in the warm water for five minutes before mixing with other ingredients.
3. Knead the dough until smooth and elastic. If a piece of dough can be stretched smoothly and thinly enough to let light through, then it is ready.
4. Form the dough into a ball and place in a covered bowl. Let rise for an hour. When ready, poking the dough with a finger should cause the dough to slowly spring back but leave a small indentation.
5. Gently shape the dough and let rest for another thirty minutes. Preheat the oven to 425 degrees F.
6. Score the loaf and bake for 30-40 minutes until golden on top. Knocking on the bottom of the loaf should make a hollow sound. For an extra crunchy crust, bake with a tray of water.
7. After removing from the oven, let the loaf rest for at least one hour before serving.
8. Feel accomplished, productive and refreshed.